OUR MOB. OUR HEALTH. OUR TUCKER.

Healthy Recipes

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Healthy Recipes

The families of Maari Ma's Playgroup Cooking Group take time out every week to cook beautiful, nutritious foods to be enjoyed at Playgroup. This cookbook is a collection of those recipes, to be shared with our community. We hope you enjoy cooking them as much we did. A big thank you to all those families who have contributed to making this cookbook possible, and to Janette Jones and Elisa Rossimel for supporting this group. Thanks to Guy Smiley Crawford for supplying the artwork used.

Hello.

Home cooked meals are treasured and remembered by family members over many generations. I know I still talk about my mother's home cooking and the many enjoyable hours spent sitting at the kitchen table watching her prepare a meal.

We know that the first five years of life are vital in creating healthy habits to last a lifetime, ensuring a healthy future for our children.

With the incidence of obesity on the rise in Australia home cooking now takes on an importance that is critical to the health and well being of our children.

Indigenous Australians are twice as likely as non-Indigenous Australians to be obese and are ranked the fourth-highest population in the world likely to suffer from type-2 diabetes, making the focus on diet very important for our communities.

By using the delicious recipes in this cookbook you can make sure your family stays healthy and fit. All recipes have been developed to be family-friendly, and have been cooked and tested by those who attend the Maari Ma Playgroup Cooking Group. This group, made up of mums and dads, grandparents and cousins, meets weekly to prepare snacks and meals for the Maari Ma Playgroup. Without their dedication and hard work producing this cookbook would not have been possible.

I commend this book to you and congratulate our dietitians at Maari Ma on their delicious recipes, and encouraging words, hints and tips aimed at making us all healthier. Let's get cooking!

Bob Davis
CEO, Maari Ma Health Aboriginal Corporation

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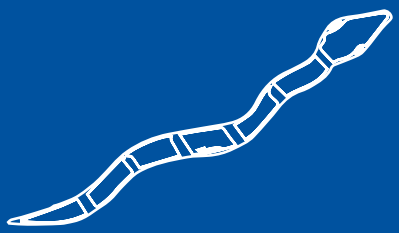

THE ABORIGINAL AND TORRES STRAIT ISLANDER GUIDE TO HEALTHY EATING

Eat good food to be Healthy and Strong

Vegetables

(including legumes – baked beans, kidney beans & split peas).

Fruit

Breads, cereals, rice, spaghetti & noodles

Milk, cheese and yoghurt

Meat

including bush meat, chicken, eggs & fish (including nuts & legumes – baked beans).

Drink plenty of water

Eat in small amounts

Northern Territory Government DEPARTMENT OF HEALTH AND FAMILIES

ADAPTED WITH PERMISSION FROM THE AUSTRALIAN GUIDE TO HEALTHY EATING (1988, COMMONWEALTH DEPARTMENT OF HEALTH AND AGED CARE)

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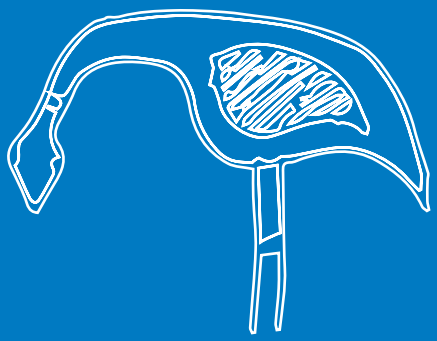
Good Tucker For Babies



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TOP 3 TIPS FOR GOOD TUCKER FOR BABIES

1. Until around 6 months of age, it is best for baby to have only breastmilk. Breastmilk has exactly what baby needs to grow healthy and strong, and the longer you can breastfeed baby- ideally up to 12 months- the more benefits for both you and baby

2. Infant formula is the next best thing, as cow's milk shouldn't be baby's main drink until they are 12 months old. If your baby has infant formula, ensure you prepare it exactly how the instructions say

3. Especially when hot, water is best for baby. In fact, fruit juice and fruit drinks are not necessary or recommended for babies under 12 months- this can stop them from drinking their breastmilk or formula, making them miss important nutrients

Introducing Foods To Baby

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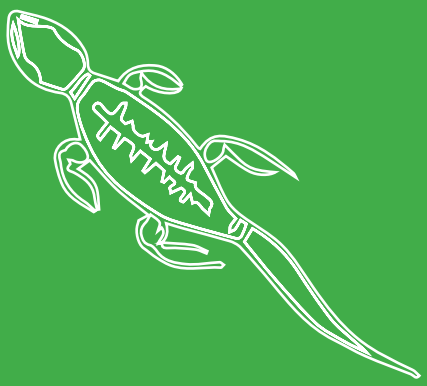
TOP 3 TIPS FOR INTRODUCING FOODS TO BABY

1. At around 6 months, baby is best prepared to start eating solids and drinking from a sippy cup. If introduced any earlier, the baby's body isn't ready to handle foods, any later and it may be harder for baby to learn the skills needed to eat solids

2. As long as iron-rich foods (infant cereals, pureed meat, chicken and fish and beans) are included in baby's first foods, foods can be introduced in any order and at a rate that suits baby. Ensure you don't add sugar, honey or salt, as baby's body can't handle these well

3. Increase from pureed to lumpy to normal textures during the 6–12 month period, so that by 12 months, baby is eating the normal, healthy, family foods

Good Tucker For Toddlers



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TOP 3 TIPS FOR GOOD TUCKER FOR TODDLERS

1. Toddlers can eat all of the healthy foods the family is eating, however drinking tea is not healthy for iron in their bodies. Small, frequent meals and snacks are important

2. After 2 years old, toddlers can have low fat milk, yoghurt and cheese. They should continue to drink water and milk, and avoid sugar-sweetened drinks and fruit juice

3. Fussy eating is very common in toddlers. Ensure you are a good role model, let children help in cooking meals, continue offering them a range of foods, (especially if they refuse to eat a food, continue to offer it), and if they don't eat much, offer them a healthy snack a little later on or wait until next mealtime- don't give in with unhealthy foods or they will learn to refuse healthy foods!

GOOD DRINKS FOR YOUNG KIDS

Water and milk are the BEST drinks- they ensure teeth are STRONG and CLEAN. They have NO SUGAR in them

Drinking out of a cup is BEST for anyone over 6 months

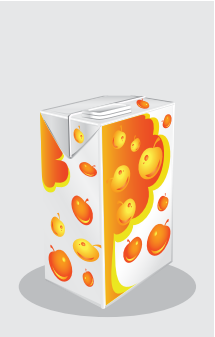
Water

Milk

NOT SO GOOD DRINKS FOR YOUNG KIDS

Soft drinks, fruit juices, cordials and flavoured milks have a lot of SUGAR in them. Tea stops baby's body from getting enough iron.

Juice Popper



Fruit Box

Can of Coke

Glass of Cordial

Chocolate Milk

Cup of Tea

= Representative of sugar content. For illustration purposes only.

Snacks

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Stewed Fruit

Ingredients

- Green apples
- Pears
- Sultanas
- Cinnamon
- Water

Cooking Instructions

1. Peel the fruits and chop them into quarters, or smaller, depending how big the fruit is
2. Put them into a saucepan with sultanas and cinnamon
3. Pour enough water to cover most of the fruit
4. Boil until the fruit is soft

Top Tip: This makes a great, cheap, warming snack or breakfast in winter, for anyone 6 months and over. Buy the fruit when it is on special, and you can even freeze the leftovers!

Winter Fruit Crumble

Ingredients

- 2 pears
- 3 apples
- 1/2 cup sultanas
- 3/4 cup rolled oats
- 1/2 cup breadcrumbs
- 2 teaspoons cinnamon
- 2 tablespoons sunflower seeds
- 1/4 cup brown sugar
- 1 tablespoon low fat margarine, melted

Cooking Instructions

1. Peel, core and chop pears and apples
2. Place in a saucepan with sultanas and 1 cup of water, cook over medium heat for 10 minutes or until fruit is tender
3. Drain off any excess liquid and spoon into a baking dish
4. Mix together remaining ingredients, then sprinkle over fruit
5. Bake for 20 minutes at 180C, or until golden

Top Tip: This is a great way to use leftover stewed fruits, and have a yummy, healthy dessert!

Pikelets With Strawberries

Ingredients

- 1 cup wholemeal self-raising flour
- 1 tablespoon caster sugar
- 3/4 cup low fat milk
- 1 egg
- Low fat margarine
- 1 punnet strawberries
- Low fat frozen yoghurt

Cooking Instructions

1. Sift flour and sugar together into a bowl
2. Whisk milk and egg together, then add to dry ingredients, whisking until smooth
3. Heat a non-stick frypan over medium heat and melt a little low fat magrarine
4. Drop tablespoonfuls of the mixture into the pan and cook for half a minute or until bubbles appear on the surface
5. Turn over and cook other side for 1 minute until golden
6. Serve with strawberries and frozen yoghurt

Top Tip: These make a great snack for children, especially in lunchboxes with a little jam, or a special, healthy breakfast

Cinnamon Banana Pikelets

Ingredients

- 1 cup wholemeal self raising flour
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon
- 2/3 cup skim milk
- 1 egg, lightly beaten
- Cooking oil spray
- 1 large banana, cut into slices

Cooking Instructions

1. Sift flour into a bowl, add sugar and cinnamon
2. Whisk in egg and milk
3. Spray a frypan/ electric frypan with oil
4. Drop 2 tablespoons of batter into the pan and top with 3 slices of banana
5. Cook over medium heat until bubbles appear, then flip
6. Serve with low fat yoghurt

Top Tip: This is a great recipe where kids can help measure the ingredients and mix the batter. When kids help cook a food, they are much more likely to eat it!

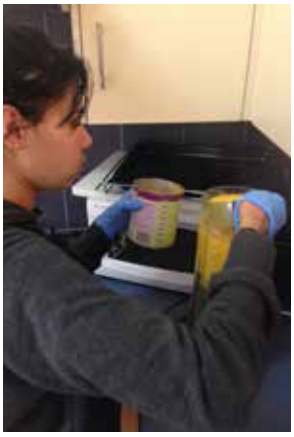
Peach Mousse

Ingredients

- 1 sachet orange jelly crystals
- 400g can peaches in juice
- 1 can light evaporated milk
- 1 cup low fat peach yoghurt

Cooking Instructions

1. Dissolve jelly in 1 cup boiling water and cool completely. Meanwhile, purée peaches and juice in a blender
2. Whisk evaporated milk until thick. Gradually, whisk in cooled jelly, peaches and yoghurt
3. Pour into 6 glasses and chill for 2 hours, until set



Top Tip: Evaporated milk is milk with a lot of the water removed. It still has all the nutrients and is low in fat, but is thick like cream. It makes a great healthy alternative for cream in pastas, quiches and desserts!

Oat & Sultana Biscuits

Ingredients

- 85 g low fat margarine
- 1/3 cup sugar
- 1 egg, lightly beaten
- 1/3 cup sultanas
- 1/3 cup dried apricots
- 1 cup wholemeal self-raising flour
- 2/3 cup rolled oats
- 1 tablespoon vanilla essence

Cooking Instructions

1. Preheat the oven to 180°C and line baking trays with baking paper
2. Cream margarine and sugar until light and fluffy
3. Add egg and vanilla and mix well
4. Fold in sultanas, apricots, oats and flour
5. Roll into balls
6. Place onto prepared trays, pressing down lightly with fingertips, allowing room for spreading
7. Bake for 20 minutes or until golden. Allow to cool on baking trays and store in an airtight container

Top Tip: These cost $0.12c per biscuit... less than half the cost of those you buy at the shops!

Apple Berry Slice

Ingredients

- 1 1/2 cups wholemeal self raising flour
- 2 cups rolled oats
- 1/2 cup All Bran
- 3/4 cup brown sugar
- 1 teaspoon cinnamon
- 2/3 cup oil
- 1/2 cup low fat plain yoghurt
- 1 egg
- 2 apples, finely diced
- 2 cups frozen berries

Cooking Instructions

1. Preheat oven to 180C and line a 24cm slice tin with baking paper
2. Combine all ingredients except the apple and berries in a bowl
3. Press 3/4 of the mixture into the slice tin
4. Sprinkle with the apple and berries
5. Top with the remaining batter
6. Bake for 30 minutes until golden

Top Tip: You can use any mixture of fruits in the middle, for example pears, banana, sultanas, apricots, peaches- experiment with what you have!

Banana Bread

Ingredients

- 100g low fat margarine
- 3/4 cup brown sugar
- 2 eggs
- 3 large ripe bananas
- 1/3 cup low fat milk
- 1 1/4 cups plain flour
- 1 1/2 teaspoons bicarbonate of soda
- 1 1/2 teaspoons cinnamon
- 1/2 cup All Bran

Cooking Instructions

1. Preheat oven to 180°C
2. Combine the margarine and sugar in a large mixing bowl and beat with electric beaters until light and creamy
3. Add the eggs one at a time, until the mixture is pale and fluffy. Mash the bananas and stir into the mixture with the milk
4. Sift the flour, bicarbonate of soda and cinnamon together into a mixing bowl, add the All Bran and banana mixture, mix well
5. Spoon into a loaf pan and bake for 50–55 minutes

Top Tip: This banana bread is a great way to use up over ripe bananas, instead of throwing them out.

Carrot Muffins

Ingredients

- 1 cup wholemeal self raising flour
- 1/4 cup rolled oats
- 1/4 cup brown sugar
- 1 teaspoons bicarbonate soda
- 1 teaspoons cinnamon
- 2 eggs
- 180g apple puree
- 1/3 cup oil
- 2 medium carrots, grated
- 1/2 cups diced prunes
- 1/2 cups sultanas

Cooking Instructions

1. Preheat oven to 180C and grease or line muffin tin
2. Mix together flour, oats, sugar, bicarb soda and cinnamon
3. In a separate bowl, whisk eggs, apple puree and oil
4. Pour into flour mixture and combine well
5. Stir in carrots, prunes and sultanas, adding water if it becomes too dry
6. Spoon batter into muffin tins and cook 15-20 minutes until golden brown

Top Tip: The wholemeal flour, prunes and carrots (with their skin on) make these muffins very high in fibre- so are nice and filling for everyone!

Fruity Muffins

Ingredients

- 1 cup All Bran
- 1 cup low fat yoghurt
- 1/2 cup sultanas
- 1/2 cup dried apricots, chopped
- 25g reduced fat margarine
- 1 cup wholemeal self raising
- 1 teaspoon cinnamon
- 2 eggs, lightly beaten
- 1 pear, grated

Cooking Instructions

1. Rub margarine into flour and cinnamon with your fingertips
2. Add eggs, grated pear, All Bran, yoghurt and dried fruit, stir until just combined
3. Spoon mixture into muffin tins
4. Bake 180C for 20 minutes or until cooked

Top Tip: Making your own snacks saves lots of money- these muffins are only $0.50 each !

Banana & Orange Muffins

Ingredients

- 1/4 cups oats
- 1 cup plain wholemeal flour
- 1/4 cup brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/3 cup sultanas
- 3/4 cup plain low fat yoghurt
- 2 bananas, mashed
- 2 eggs
- 2 tablespoons canola oil
- 1 grated orange zest

Cooking Instructions

1. Heat oven to 180C and line 12 muffin tins with muffin paper cases
2. Combine oats, flour, baking powder, baking soda, cinnamon, sultanas and sugar then mix well
3. Add yoghurt, banana, egg, oil and orange zest, mix to combine
4. Fill muffin tins and cook for 20 min or until golden

Top Tip: Making a batch of muffins is a great idea to make sure there is a healthy, quick and easy breakfast, snack or dessert on hand for the family!

Corn & Ham Muffins

Ingredients

- 310g tin creamed corn
- 3/4 cup low fat grated tasty cheese
- 1 1/2 tablespoons chopped chives
- 100g chopped lean ham
- 1/3 cup olive oil
- 2 eggs
- 3/4 cup low fat milk
- 2 cups sifted wholemeal plain flour
- 3 teaspoons baking powder

Cooking Instructions

1. Pre-heat oven to 180C
2. In a large bowl, combine all ingredients
3. Spoon mixture into muffin pans
4. Bake for 20 minutes or until golden

Top Tip: Vegetables are really important for children to grow up healthy. Try to include them into snacks as much as possible, such as in muffins, chopped up with dip, or on crackers.

Carrot & Cheese Pinwheels

Ingredients

- 2 large wholemeal tortillas
- 2 tablespoons Philadelphia Light Cheese Spread
- 2 carrots, grated
- 2 green onions, thinly sliced

Cooking Instructions

1. Spread tortillas with cream cheese; top with carrot and green onions
2. Roll up tortillas tightly; wrap individually in plastic wrap. Refrigerate for 30 min
3. Cut each into 6 pieces just before serving

Top Tip: These make a fun snack or lunch, and you can fill them with whatever you like- avocado, grated cheese, ham, lettuce...

Meals

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Lamb & Barley Soup

Ingredients

- 400g lean lamb, cut into small cubes
- 1 tbs olive oil
- 1 small onion, finely chopped
- 1 cup pearl barley
- 1 sweet potato, peeled and diced
- 2 carrots, diced
- 2 sticks celery
- 1 tablespoon Worcestershire sauce
- 5 cups water
- 1 cup frozen peas

Cooking Instructions

1. Heat olive oil in a saucepan, cook onions and lamb until brown
2. Add sweet potato, carrots, celery and barley, cook for 3 minutes
3. Add Worcestershire sauce, water and peas and simmer until everything is soft (approximately 45 minutes)
4. Serve with wholemeal bread

Top Tip: Adding barley into soups while it cooks adds many nutrients, makes the dish more filling, and is very cheap- try it next time you make a soup!

Ham & Bean Soup

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, thinly sliced
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 can tinned tomato pieces
- 100g smoked ham, chopped
- 4 cups water
- 2x 400g can lentils
- 1 cup green beans, chopped
- 1 small zucchini, chopped
- 1/2 cup frozen peas
- 1 cup dried pasta

Cooking Instructions

1. Heat oil in a pot
2. Add onion, celery and carrot and cook until soft
3. Add tomatoes, ham and water, bring to the boil, and simmer for 10 minutes
4. Add the pasta, lentils, beans, zucchini and peas, simmer for another 5 minutes

Top Tip: Leave the skin on as many vegies as you can- carrot, zucchini, pumpkin, potatoes... this is where a lot of the fibre and nutrients are... and it also saves you lots of time!

Chicken & Corn Soup

Ingredients

- 4 cups water
- 400g skinless chicken breast
- 1 tablespoon soy sauce
- 2 teaspoons grated ginger
- 1 tablespoon cornflour
- 1/4 cup water
- 420g can creamed corn
- 300g can corn kernels, rinsed, drained
- 100g shaved low fat ham, thinly sliced
- 2 eggs
- 6 green shallots, ends trimmed, thinly sliced

Cooking Instructions

1. Place the 4 cups of water and chicken in a large saucepan and bring to the boil
2. Reduce heat to low and simmer until chicken is cooked through. Transfer chicken to a bowl, allow it to cool and then finely shred it
3. Place the cornflour in a small bowl and gradually stir in the 1/4 cup of water until smooth and combined. Gradually stir the cornflour mixture into the water. Cook until it thickens slightly, stirring constantly
4. Add the soy sauce, ginger, chicken, creamed corn, corn kernals and ham and cook until hot
5. Use a fork to whisk the eggs in a small bowl. Gradually pour the eggs into the soup, stirring constantly until white ribbons swirl though the soup
6. Add green shallots, stir to combine, and serve

Top Tip: Soy sauce and ham are naturally salty, so will add lots of flavor to the soup without you needing to add salt

Tuna Patties

Ingredients

- 425g tuna in spring water
- 2 eggs, beaten
- 1/2 onion, finely chopped
- 1 can corn kernels, rinsed and drained
- 1 cup breadcrumbs
- 1 red capsicum, chopped finely
- Oil spray
- 1 carrot, grated
- 2 tablespoons sweet chilli sauce
- 1 cup frozen peas

Cooking Instructions

1. Use a fork to break up tuna flakes
2. Combine with egg, onions, sweet chilli sauce, corn, capsicum, carrot, peas and breadcrumbs
3. Shape spoonfuls into patties
4. Heat oil in fry pan and cook until golden brown

Top Tip: Whenever you use food out of a can, such as corn, make sure you drain and rinse it to remove the excess salt and sugar. Tuna in brine also has a lot of salt, so springwater is best.

Healthy Beef Stroganoff

Ingredients

- 1 clove garlic, peeled and diced
- Olive oil
- 1 brown onion, sliced
- 500g lean beef strips, dusted in plain flour
- 150g mushrooms, sliced
- 800g tin diced tomatoes
- 1 teaspoon paprika
- 1 cup water
- 3/4 cup low-fat sour cream
- 2 tablespoons Worcestershire Sauce
- Serve with brown rice

Cooking Instructions

1. In a frypan heat oil and fry onion and garlic until cooked
2. Add beef and cook until brown
3. Add mushrooms, tomatoes, paprika and water and cook to reduce (around 10 minutes).
4. Add sour cream and worcestershire sauce, then cook on low heat for 2 minutes.
5. Serve with brown rice

Top Tip: When buying tinned foods, always choose the "No added salt" options. Limiting salt intake is a great way to prevent high blood pressure.

Zucchini Rice Slice

Ingredients

- 1/3 cup brown rice
- 2 teaspoons olive oil
- 1 small onion, finely chopped
- 1 zucchini, grated
- 3 eggs, lightly beaten
- 3/4 cup reduced fat grated tasty cheese

Cooking Instructions

1. Preheat oven to 180C. Line a tin with baking paper
2. Cook rice
3. Heat oil in a frypan and cook onion until soft
4. Transfer it to a mixing bowl, add zucchini, rice, eggs and most of the cheese. Stir to combine.
5. Spread mixture into tin and sprinkle with the remaining cheese
6. Bake for approximately 30 minutes, or until golden brown

Top Tip: This is delicious warm or cold, and is great to put into lunchboxes as a change from a sandwich!

Spinach & Feta Rolls

Ingredients

- 200g fat reduced feta
- 1 small onion, finely chopped
- 200g frozen spinach, defrosted and squeezed
- 1/2 cup breadcrumbs
- 2 lightly beaten eggs
- 1/2 tbs dried parsley
- 2 sheets reduced fat puff pastry, cut in half
- 2 tablespoon milk

Cooking Instructions

1. Mix all ingredients except last two
2. Divide the mixture in 4, spoon each quarter down long edge of the pastry, 1 inch from the edge. Fold edges together and seal the inner edge with water
3. Cut into bite sized pieces
4. Place on a baking tray, brush each with a little milk, then cook in pre heated oven for about 20 minutes or until golden brown on top and cooked through

Top Tip: Anyone over 2 years of age should have low fat milk, cheese and yoghurt to ensure a healthy heart.

Healthy Sausage Rolls

Ingredients

- 500g lean beef mince
- 1 brown onion, finely chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 cup breadcrumbs
- 2 sheets reduced fat puff pastry, cut in half
- 1 egg, lightly whisked
- Sesame seeds, to sprinkle

Cooking Instructions

1. Preheat oven to 200C. Line an oven tray with baking paper
2. Place the mince, onion, carrot, zucchini and breadcrumbs in a bowl and mix until well combined. Season with pepper
3. Place pastry on a clean work surface
4. Divide the mixture into four. Shape a portion into a log down the edge of a pastry sheet
5. Roll the pastry to enclose filling. Cut the roll into small rolls and place on the lined tray. Repeat with remaining mince and pastry. Brush each roll with a little egg and sprinkle with sesame seeds
6. Bake for 20 minutes or until golden brown and cooked through

Top Tip: Mixing vegetables (like grated carrot and zucchini, peas, corn, or diced capsicum) with mince is a great way to get extra nutrients into everyone!

Mac & Cheese Muffins

Ingredients

- 2 cups macaroni pasta
- 1/2 cup grated pumpkin
- 1/2 cup grated carrot
- 2 tablespoons water
- 2 tablespoons self raising flour
- 1/4 cup milk
- 1 teaspoon dijon mustard
- 3 eggs
- 125g can corn kernels, drained and rinsed
- 2 cups grated reduced fat cheddar cheese
- 2 tablespoons finely grated parmesan cheese

Cooking Instructions

1. Boil macaroni for 10 minutes or until cooked, drain.
2. Meanwhile, place pumpkin, carrot and water in a microwave safe steamer and steam on high for 3 minutes. Stand for 2 minutes before lightly mashing with a fork.
3. Whisk flour, milk, mustard and eggs together in a large bowl, then mix in cheddar cheese, corn, mashed vegetables and macaroni until combined.
4. Spoon mixture into paper case lined muffin pans and sprinkle with parmesan. Bake at 180°C for 20-25 minutes until golden brown. Cool for at least 15 minutes before serving. Muffins can be served warm, at room temperature or even cold.

Top Tip: Large servings of food can be overwhelming for little kids. They are more likely to eat smaller, individual servings of food like these muffins.

Chicken Meatballs

Ingredients

- 400g chicken mince
- 1 egg, lightly beaten
- 1 cup cooked brown rice
- 1 cup breadcrumbs
- 2 garlic cloves, crushed
- 1 carrot, grated
- 2 green onions, thinly sliced
- 3cm piece fresh ginger, finely grated

Cooking Instructions

1. Combine all ingredients in a bowl
2. Roll tablespoons of the mixture into balls
3. Place on a tray lined with baking paper
4. Cook meatballs in an oven at 180C until browned and cooked through

Top Tip: Flavors like ginger and garlic give lots of taste, meaning you don't need to add salt (which can be harmful to baby's kidneys)

Chicken Strips

Ingredients

- 1 cup breadcrumbs
- 1/3 cup instant polenta
- 1/4 cup dried parsley
- 1 teaspoon garlic powder
- 2 tablespoons grated parmesan cheese
- 500g chicken breast cut into strips
- 2/3 cup plain low fat yoghurt
- Cooking spray

Sweet chili yoghurt

- 1/2 cup plain low fat yoghurt
- 3 tablespoons sweet chili sauce
- 1 teaspoon minced garlic

Cooking Instructions

1. Preheat oven to 200°C. Line baking trays with baking paper
2. Combine breadcrumbs, polenta, parsley, garlic powder and parmesan in a bowl. Place yoghurt in separate bowl
3. Dip chicken in yoghurt, shaking off excess. Toss in breadcrumb mixture. Place on trays
4. Spray chicken with oil. Bake for 15 minutes or until golden and cooked through
5. Meanwhile, make sweet chili yoghurt. Combine all ingredients in a bowl
6. Serve chicken with sweet chili yoghurt and salad, in a wrap

Top Tip: Try making your healthy own versions of takeaway foods, like these wraps, grilled fish and baked chips, or homemade pizzas. You will save lots of money and kids will love them!

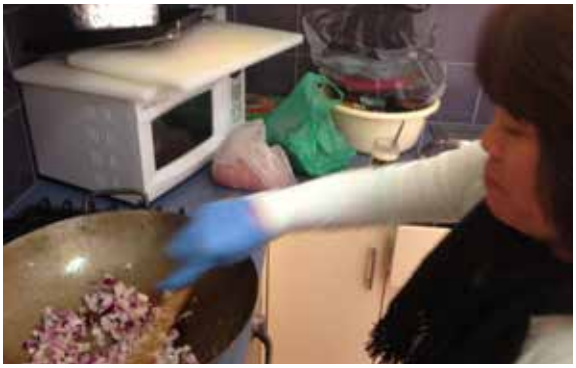
Chicken Burritos

Ingredients

- 1 tablespoon olive oil
- 1 medium red onion, finely chopped
- 2 teaspoons crushed garlic
- 250g chicken mince
- 410g can chopped tomatoes
- 420g can baked beans
- 125g can corn kernels, drained and rinsed
- 1 cup shredded lettuce
- 2 small tomatoes, finely chopped
- 1/2 cup low-fat grated tasty cheese
- Wholemeal tortilla wraps

Cooking Instructions

1. Heat oil in a frying pan over medium heat
2. Add onion and garlic. Cook for 3 to 4 minutes or until tender
3. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 to 6 minutes or until browned
4. Add canned tomatoes, beans and corn. Bring to the boil. Cook for 10 minutes or until mixture has thickened
5. Spoon the mixture down the middle of a wrap, top with lettuce, tomato and cheese, and roll up



Top Tip: Toddlers love having a little bit of different foods on their plate to pick at. A great way to serve this is by putting a little of each ingredient on the plate, instead of wrapped up in a burrito.

Beef Curry & Rice

Ingredients

- 500g lean beef, cut into cubes
- 1 tablespoon oil
- 1 tablespoon curry powder
- 1 tablespoon garlic
- 1 tablespoon gravy powder or cornflower
- 1 large sweet potato, peeled and cubed
- 2 onions, chopped
- 1 carrot, diced
- 2 celery sticks, chopped
- 1 cup frozen peas
- 1 packet brown rice

Cooking Instructions

1. Heat oil in a saucepan and add beef, garlic and curry powder
2. When the beef is half cooked add the vegetables and stir
3. Add water to cover the beef and veggies and bring to the boil, simmer for around 40 minutes or until vegetables are cooked
4. Mix the cornflour/gravy powder with some water to form a paste then mix into the saucepan until it thickens
5. Serve with brown rice

Top Tip: Sweet potato is a healthier choice than potatoes, especially for grown ups with diabetes. Try making it into mash or baked chips!

Savoury Mince & Rice

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 500g beef mince
- 2 tablespoons gravy powder
- 1 stick celery, chopped
- 3 carrots, diced
- 200g mushrooms, sliced
- 2 tablespoons tomato paste
- 2 cans crushed tomatoes
- A splash of Worcheshire Sauce
- 1 cup frozen peas and corn mixture
- Brown rice, to serve

Cooking Instructions

1. Heat oil in a saucepan. Add onion and mince and cook, stirring with a wooden spoon to break up mince, for 6 to 8 minutes or until browned
2. Add gravy powder, tomato paste, crushed tomatoes, Worcheshire Sauce and 1 cup water. Stir to combine
3. Add celery and carrot. Cover and bring to the boil
4. Reduce heat and simmer, stirring occasionally, for 20 minutes or until carrot is just tender.
5. Add mushrooms and pea to the mixture. Cook for 5 minutes or until heated through.
6. Serve with brown rice

Top Tip: Brown rice has a lovely flavor, and has more fibre in it than regular rice. This makes it more filling and gives you healthy bowels!

Curried Chicken Stew

Ingredients

- 2kg skinless chicken breasts, cut into small pieces
- 1 tablespoon olive oil
- 6 tablespoon curry powder
- 2 onions, thinly sliced
- 500g pumpkin, cut into small cubes
- 1 tablespoon minced garlic
- 2 cans diced tomatoes with juice
- 2 cans chickpeas, rinsed and drained
- 1 cup brown rice, cooked according to the packet's instructions

Cooking Instructions

1. Cook onions in a wok
2. Add chicken, curry powder and garlic, cook
3. Add pumpkin, chickpeas, tomato
4. Simmer until pumpkin is cooked
5. Serve with brown rice

Top Tip: Adding legumes (chickpeas, lentils, 4 bean mix and baked beans) into your meat stews, soups or curries makes them more nutritious, and you can add less meat which also saves money!

Chicken & Ricotta Lasagne

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 celery sticks, finely chopped
- 600g chicken mince
- 750g can diced tomatoes
- 2 zucchini, grated
- 2 carrots, grated
- 1kg ricotta cheese
- 200g frozen spinach, thawed, excess liquid removed
- 2 eggs, lightly whisked
- 12 dried lasagne sheets
- 50g (2/3 cup) shredded parmesan

Cooking Instructions

1. Preheat oven to 180°C.
2. Heat oil in a large frying pan. Cook onion, celery and garlic, stirring occasionally, until soft
3. Add mince. Cook, stirring with a wooden spoon, until mince changes colour
4. Add tomato, zucchini and carrot. Bring to boil then reduce heat to medium. Cook for 15 minutes or until mixture thickens
5. Meanwhile, mix the ricotta, spinach and egg in a bowl
6. Spread a little mince mixture over the base an ovenproof dish. Cover with lasagne sheets, cutting to fit
7. Spread mince over lasagne sheets. Top with the ricotta mixture. Repeat with remaining lasagne sheets, mince and ricotta until you have run out of ingredients. Ensure the last layer just has the mince sauce on it.
8. Cover with foil. Bake for 20-30 minutes or until cooked. Uncover and bake for 10 minutes until golden

Top Tip: Ricotta is a creamy cheese naturally much lower in fat than other cheeses, and still gives us lots of calcium for strong bones.

Spaghetti Bolognese

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 1 large brown onion, finely chopped
- 1 large carrot, grated
- 1 large zucchini, grated
- 600g lean beef mince
- 2 tablespoons tomato paste
- 700g jar tomato pasta sauce
- 1/2 cup water
- 1 cup frozen peas
- 500g spaghetti

Cooking Instructions

1. Heat oil in a large saucepan. Add onion and garlic and cook until tender
2. Add carrot and zucchini, cook until tender
3. Add mince. Cook, breaking up mince with a wooden spoon, until browned
4. Add tomato paste, pasta sauce and water; bring to a boil
5. Add peas and reduce heat to low. Simmer, covered, for 30 minutes. Remove cover; simmer, stirring occasionally, a further 30 minutes or until sauce thickens
6. Cook pasta in a large saucepan of simmering water, following packet directions. Drain
7. Mix sauce and pasta together

Top Tip: Lean mince is a great choice for anyone 6 months and older! It is low in fat and high in iron- which is really important for growing toddlers

TOP 10 REASONS TO COOK WITH CHILDREN

1. It gives them a sense of control and accomplishment as you allow them to be involved in making choices, such as what food you will prepare, or what toppings they would like on their pizza.

2. It helps them develop better personal and social skills including communication, problem-solving, and decision making.

3. Many things that can be learned from cooking include reading, shapes, maths, colors, science, vocabulary, art, health and nutrition.

4. 4Mixing, stirring, whisking, pouring, holding spoons, cutting, rolling and dipping all help children develop their fine motor skills:

5. Cooking helps children learn about being safe in the kitchen.

6. Cooking can inspire the imagination and their creativity.

7. Cooking develops their ability to follow directions.

8. It is a great way to prevent or cure fussy eating. When children help prepare food, they are much more likely to want to try it.

9. Cooking helps teach children the art of conversation.

10. Cooking is a life skill! It will help them grow into healthy, happy adults who can properly look after themselves.

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